



MARCH 2023 PROGRAMS

All Programs are **free** and open to the public. Children must be accompanied by an adult. Reasonable accommodations available upon request. All programs **meet at the Mount Greylock Visitor Center**, unless otherwise noted. Please follow all current COVID guidelines. Visit [Mass.gov/COVID](https://www.mass.gov/COVID) for guidance. For additional information and weather updates, call the Visitor Center at **(413) 499-4262**.

OPEN DAILY	VISITOR CENTER, 9:00 a.m.—4:00 p.m. Located at 30 Rockwell Road in Lanesborough. Interpretive exhibits explore the park story through artifacts and displays. Trail maps, hike guidance, 13-minute orientation film, bathrooms, drinking water available. Wheelchair accessible.
SUNDAYS, ONGOING	NATURE SCAVENGER HUNTS, 10:00 a.m.—3:00 p.m. For children and families. Adventurous quests invited to search for natural “treasures” along park trails. Several different Seek-and-Find Scavenger Hunts for all ages and skills. Program is self-guided. Pick up your scavenger hunt at the Visitor Center.
MONDAYS, MARCH 6, MARCH 13	FINDING YOUR WAY IN WINTER, 10:00 a.m.—3:00 p.m. Recommended for ages 8 and up. Explore ways to navigate the outdoors and have fun. Discover the wonders of map and compass. Learn traditional methods of path finding in the forest or your own back yard. Pick up a few tricks to identify wintertime wildlife and trees by their bark. Activities may include making a map and scavenger hunts. Designed as a self-guided activity, but may also be led by a Park Interpreter.
WEDNESDAY, MARCH 8	MOUNTAIN MINDFULNESS PROGRAM SERIES: FOREST BATHING WALK, 10:00—11:30 a.m. Open to ages 8 and up. A guided, slow and intentional, woodland walk to help you de-stress and re-connect with nature. No previous experience necessary. Dress appropriately for winter weather, layers and winter boots. If conditions permit, bring snowshoes and hiking poles. Inclement weather cancels. Co-sponsored with Canyon Ranch Wellness Resort, Lenox. This program is free, however, space is limited. Please call the Visitor Center to register at (413) 499-4262
FRIDAYS, MARCH 10, MARCH 24	NICE AND EASY HIKE, 1:00—2:30 p.m. Join other hiking enthusiasts! Easy-paced, 1 to 3-mile hikes geared for seniors, but open to all ages. Dress appropriately for winter weather; hiking poles and traction devices for boots (or snowshoes) recommended. Trails may be snow-covered, icy, or muddy. Bring drinking water and a snack. Inclement weather cancels. Note: March 10 hike is guided, March 24 hike is self-guided.

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coming events



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PROGRAMS CONTINUED

- SATURDAY,
MARCH 11

**MOUNT GREYLOCK PHOTO GROUP MEET-UP:
BERKSHIRE DESTINATIONS SLIDE SHOW,
1:00—2:30 p.m.**

All ages welcome. Discover amazing Berkshire landmarks. Join guest speaker Christy Butler, local photographer, author, and explorer for a not-to-miss photo slide-show. Christy shares waterfalls, huge boulders, and other natural curiosities in the region, featured in his latest book “Berkshire Destinations, an Explorer’s Hiking Guide.” Meet at the Visitor Center. For information call (413) 499-4262, or visit Facebook at: <https://www.facebook.com/groups/427752957932877>.
- SUNDAY,
MARCH 12

FAMILY MOVIE MATINEE, 1:00—2:30 p.m.

All ages welcome, great for families. Beat the winter blues with this nature-related film series and a fun activity, all in the comfort of our Visitor Center theater! Offered every second Sunday, January through March.

March’s feature film is “**Beaver**” by Stephen Lowe. Follow the story of a family of beavers, nature’s greatest engineer, as they grow, play, and transform the world around them. Discover how they are key player in North American ecosystems.
- SATURDAY,
MARCH 18

**WINTER WILDLIFE TRACKING,
9:00 a.m.—12:00 p.m. & 12:30—3:30 p.m.**

For ages 8 and up. Join Jim Pelletier for a 3-hour guided wildlife tracking exploration. Journey less than 2-miles at a leisurely pace with some off-trail, rough terrain, and stream crossings. **Space is limited, pre-registration required:**

9:00 a.m. hike: https://9am-MAR18-Wildlife_Tracking.eventbrite.com
12:30 p.m. hike: https://1230pm-MAR18-Wildlife_Tracking.eventbrite.com

Dress for winter weather; hiking poles, traction devices for boots (or snowshoes) recommended. Bring water and a snack. Inclement weather cancels.
- THURSDAY,
MARCH 23

**MOUNTAIN MINDFULNESS PROGRAM SERIES:
QI GONG/TAI CHI, 10:00—11:30 a.m.**

For ages 12 and up. Experience the ancient Chinese meditative martial arts of Qi Gong/Tai Chi with Jeanne of Canyon Ranch. Enhance overall optimal health and longevity. All levels welcome, no experience necessary. Wear comfortable, winter appropriate clothing. Program is offered outdoors in fair weather, otherwise, held indoors. Co-sponsored with Canyon Ranch Wellness Resort, Lenox.

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SATURDAY,
MARCH 25

**FAMILY FRIENDLY OUTDOOR ADVENTURES,
1:00—3:00 p.m.**

For all ages. Join us for an afternoon of winter activities, snow tubing (bring your soft-sided sleds), a snowshoe demonstration by NeviTREK Handmade Snowshoes, and a guided Geocaching Adventure along the Bradley Farm Trail. Be prepared for weather, dress in layers, wear sturdy snow boots. Traction devices, trekking poles, or your own snowshoes are advised. Snowshoes available to try out during the snowshoe demo for ages 8 and up. Inclement weather cancels.

SATURDAY,
MARCH 25

GEOCACHING 101, 1:00—2:30 p.m.

For all ages. Looking for a fun way to engage your tech-savvy kids with the natural world? This outdoor activity combines hiking with a tech-aided treasure hunt. Join Kathy Gwozdz and members of Berkshire Geobash to learn the basics. Then head out on a trail to test out new skills. Can you find the hidden treasure? Beginners welcome. No experience or digital device necessary. To participate fully bring your digital device and download the free geocaching.com app. Dress for winter weather. Hiking poles and traction devices for boots (or snowshoes) recommended. Trails may be snowy, icy, or muddy. Bring drinking water and snack. Inclement weather cancels.

SUNDAY,
MARCH 26

**MOUNTAIN MINDFULNESS PROGRAM SERIES:
SIGNS OF SPRING MINDFUL WALK, 1:00—3:00 p.m.**

Come experience the signs of Spring on this mindful walk with Suzy Conroy. Enjoy a slow saunter along the wooded trail, incorporating elements of meditation and mindful breathing. Dress in layers for outdoor hiking in winter. Wear sturdy boots. Hiking poles and traction devices for your boots may also be advisable. Bring drinking water and a snack. This program is Free for all ages and skill levels. No experience is necessary. **Note: space is limited, please pre-register** at <https://Signs-of-Spring-Walk.eventbrite.com>. Rain or inclement weather cancels.



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